

# SPELMAN SPOTLIGHT

THE VOICE OF AFRICAN-AMERICAN WOMANHOOD

VOLUME XXXVI - NO. 2

OCTOBER 15, 1992

## Spelman Ranked #1 in Southeast

### The Best Gets



## BETTER!

By Riché Daniel

On Tuesday, Sept. 22, Spelman celebrated her status as the #1 liberal arts college in the south as reported by 'U.S. News and World Report.'

The celebration brought current students, recent alumna, former alumna, Morehouse students, faculty, staff, and friends of Spelman College.

Ms. Reta Vann Robinson - Barret, '71, spoke of how glad she was to be a part of what she knew to be the celebration for a school most deserving. She summed up her sentiments by singing "Wind Beneath My Wings," in which she let everyone know that a great deal of her success she owed to Spelman College.

Dr. Beverly Guy - Sheftall also spoke, being a faculty member and alumna herself, about how great an impact Spelman has had and will continue to have in her life.

There was a large assortment of good Southern cooking. And it was nice to see faculty members such as Academic Dean Freddye Hill serving ice cream. As everyone ate and got their fill of fried chicken, potato salad, cole slaw, hamburgers, and the Ojeda Pann Experience, a local jazz group performed.

Sister President, Dr. Johnnetta B. Cole, stepped up to the podium and made it very clear that Spelman had

just begun. "The Best Simply Gets Better" was her sentiment, while she assured us that our work would continue.

The most beautiful aspect of the celebration was when each and every student, alumna, faculty member, and friend stood up together, joined hands and sang..."Spelman thy name we praise...we'll ever faithful be throughout eternity."

Pride is what the Spelman woman has. Pride in herself, pride in her school, pride in her sisters. When she leaves Spelman's gates she never forgets that Spelman, the school, the woman, the friend, is the "Wind Beneath Her Wings."

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# PREROGATIVE

## An Appeal To Womanhood

By Jamellah L. Braddock  
Associate Editor

During the course of our lives, we define womanhood according to our current circumstances; to a young girl of five or six years, womanhood is epitomized in a mother figure or a similar caretaker, while a teenager may view the concept of womanhood as the point at which she gains freedom - and consequently - responsibility. Now, as African-American college women we have probably adopted a totally novel idea of womanhood to suit our needs. Still, we incorporate these different but equally important phases of development into our personal definitions of womanhood. According to Webster's Ninth New Collegiate Dictionary, womanhood is defined as "the distinguishing character or qualities of an adult female." Yet, the same dictionary cites a definition for woman as "a female servant or personal attendant." Obviously, we cannot give

credence to any single definition of the word; there are several interpretations of the word that rest upon various perceptions. With this realization, how can we reasonably judge or question the womanhood of others based on our personal definitions of the concept? We doubt the essence of a woman when she remains in a physically abusive relationship. We question the psychological well-being of a woman who has a homosexual preference. We pray for the woman who does not believe in God or Jesus Christ. And we criticize to no end the woman who feels like she needs a man in her life to be "complete."

Womanhood is indeed evolutionary and therefore comprehensive of a vast array of experiences. We are products of experiences with our parents, who are products of experiences with their

parents, and so on. Thus, our "personal baggage" is an essential aspect of who we are as individuals.

When we uncover something about a woman that is appalling to our morals and standards, the question, "What kind of woman *is* she?" should not be posed. For "she" is a composition of history that is being told through her existence.

In fact, one of womanhood's greatest attributes is its accommodation of diversity. We are mothers, wives, pioneers, prostitutes, businesswomen, alcoholics, and caretakers. We all share some part of each other; the displayed success of the female lawyer in the family, coupled with the demonstrated failure of the woman alcoholic combine to illustrate exactly who we do or do not want to be in life.

So we celebrate our differences, and we appreciate our shared experiences. We accept the reality that womanhood is exclusive of no woman based on her plight, because womanhood cannot possibly know a status quo. There is no single, appropriate definition of womanhood because there is no singular example of its embodiment.

I suggest that womanhood is, in essence, a spirit of collective influence. As we build on each other's experiences, we impress upon the world a dynamic force which knows no boundaries.

## Voter Registration Among African-American Students

By Kelli Moore

Voting is the process that keeps the United States government working- it is the basis of democracy. Voting is the vehicle through which we can achieve truth, justice and the American way... right?

That sounds good, and although this slogan sounds a little melodramatic, there is some truth in it.

Although we work within a system that is oppressive and insensitive toward people of color, we as young educated African -American students must exercise our right to vote.

I found that out of the ten people I spoke to casually, all are responsible registered voters. However, I chose four Spelman sisters to spotlight so we can more deeply explore the question of voter registration.

When first year student Felicia Deas from Bronx, New York was asked if she was a registered voter in her hometown, her response was " Yes, I'm registered to vote at home by absentee ballot. I am registered here because I have a responsibility to myself and to what I believe in as an adult in pursuit of working with the government."

A similar response was given by Tawnicia Ferguson, a junior from Miami, Florida who also thinks that it is her responsibility to vote and who also takes it upon herself to vote in all elections in her home town, and not just in presidential elections by absentee ballot.

Tawnicia commented that it was difficult for her to keep up with local and county elections at home.

Aisha Lewis, a sophomore from Manhattan, New York, has registered to vote in Fulton county to combat this problem. "I vote here because I am here and these things affect my life here at Spelman College in Atlanta. I vote here because local election votes are actually the ones that count and affect you more closely."

Akanke Ast, a senior at Spelman College and registered voter in Alabama looks at voting through the big picture. "On the one hand, why work for a system that oppresses you. On the other hand, if we don't vote, we have no representation at all?" Akanke reiterates that we as African Americans need to be involved, although many look at voting as the lesser of two (or more) evils.

Unfortunately, many of our sisters and brothers view voting as a waste of time. In many instances our people are not well informed about the political process and we don't see how voting can affect us or how we can make a difference.

As African -American citizens of the United States we must dispell these myths and work hard through the political system as it exists today to obtain the rights we deserve in this country. We must get the many things that our people need to achieve a good and equal status in this country.

## SPELMAN SPOTLIGHT

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## PREROGATIVE

## Georgia's Flag An Insult to African-Americans

By Allison Bundy

When I first arrived in Atlanta, I was full of optimism. For finally I would be with my people. Atlanta was to me a Mecca for African-Americans. It never occurred to me that I would be stepping into a city torn between Whites and Blacks. Needless to say that I was shocked, angered, and eventually saddened to see that under the flag of the United States waved Georgia's State Flag. A flag that had incorporated the Confederate battle flag as part of their representation of their people.

Now, a year later, my outrage has not subsided; if anything it has been ignited. So I made some inquiries as to why in 1992 this flag still waves.

Many of the responses I received from African-Americans, whether they are students or residents in Atlanta, was that the flag was a hated reminder of White Supremacy in Georgia. However since it is a state flag, it will take others outside of Atlanta to rally for change.

Unfortunately, Georgia is a predominantly racist, Ku Klux Klan infested state filled with White Supremacists who are desperately trying to hold onto the days of yesterday, the days when the good ole' boys were running things; I seriously doubt they will give up their flag without a fight.

The greatest insult of all is their justification of blatant racism by excusing this flag as a symbol of their heritage and pride in the South. Well, what about my heritage? What about my people? What about my ancestors who built, fought, and died for this country?

How is this a symbol of pride for African-Americans who were enslaved, lynched, and denied their natural rights as human beings by Confederates? Until their people stand on the auction blocs, until their families are destroyed until their women are raped because of their color, and until their men are burned and hung, they cannot deny us.

The undercurrent of the Georgia Flag State Controversy is that the Confederate bars were incorporated into the flag as a protest to the desegregation of schools in Georgia and the state's overall disapproval of the Brown v. The Board of Education Topeka Kansas decision in which the Supreme Court overturned The Plessy v. Ferguson decision of separate but equal doctrine.

This separate but equal doctrine established segregation in the south. In Brown v. The Board of Education Topeka Kansas, it was established that separate but equal was a violation of the 14th Amendment's "equal protection under the law" clause.

Although I could not find any documents directly stating this, the events leading up to the decision to change the flag imply it. First of all on January 11, 1955 Governor Marvin Griffin in his inaugural speech vows to maintain school segregation. Then on August 3, 1955 the Georgia state Attorney General, Eugene Cook, hires twenty-five "special deputies" that will work to "preserve" segregation of schools.

During 1955-1956, African-American parents of Atlanta and the NAACP branch of Atlanta petition for school integration, but are denied by the Board of Education. Now right after this a bill is introduced into the Senate to add the Confederate Battle Flag to Georgia's state flag. On February 1, 1956 in a vote of 41-3, the Senate votes to change the flag.

About one week later, February 9, 1956 the House of Representatives vote 107-32 in favor of changing the flag. At the same time an Interposition Resolution is introduced into the Senate and is passed. This resolution states that, "the U.S. Supreme Court's desegregation rulings 'null, void and of no effect' is introduced into the House of Representatives."

Now after viewing all these facts, do you really believe it was a coincidence the Georgia state flag was changed at the time it was?

So how long will we endure this insult?

Well, according to Sophomores Asma Best and Vanessa Ray, a change is called for. Asma, an Atlanta resident, feels that "the citizens of Georgia are racist as a whole." She also feels that the flag is a "Symbolic way of showing that Blacks have not gained."

While Vanessa vents her frustration about the lack of action being taken, she feels that "...this racist flag represents how they feel about Black folks and how we feel about them. They don't give a damn about us and we don't care. I don't see any marches and protests from students, trying to change that symbol of red, white, and blue symbol of White Supremacy. And students historically have been in the forefront of making change.

Because Georgia is not our home, many of us feel the flag does not concern us. However, the flag is more than Georgia, it is a symbol of oppression, truculence, and decadence. It is a symbol that no one is talking or even whispering about.

Admittedly being a student of the Atlanta University Center, I am having a difficult time dealing with the lack of interest among our people, especially students to change this. It may be easy for me to talk because I am not from this state, I could always go home. Unfortunately, wherever we go if we do not use our voice as a people to fight this ugly oppression, racism will follow."

Introducing  
Ms. Spelman...

Ms. Spelman College,  
Kisha Parker

## Kisha Lashaun Parker

Kisha Parker is the 1992-93 Ms. Spelman College. Kisha is a junior economics major from Kingston, North Carolina.

Kisha represented Spelman College in the 1992 National Black College Alumni Hall of Fame Pageant, in which she competed against black college queens from across America. Kisha was crowned First Attendant.

Congratulations, Ms. Spelman College!

## Racism In the Workplace: A Spelmanite Shares Her Summer Experience

By Elyce Strong

Why do little Black girls wear so many plats in their hair?

Why are eating habits of Blacks different from whites?

Ridiculous as these statements are, these are some of the things that were said to me at my internship at CNN this summer in Atlanta.

Maybe I have been sheltered for three years at Spelman, but I had no idea of the overt racism that is out there in corporate America. I thought people would at least not bring it to the work place.

I thought things had changed since our parents' time. We wouldn't be called a "nigger" to our face, we would just be called "different" if we were half-way intelligent. But I was wrong.

I also realize that we've become an authority on every single Black person on the planet and therefore get asked ridiculous questions on a regular basis.

I was one of three interns in my department, and the only Black. Once, I was out running an errand for someone, and when I returned to the office, my producer had taken the other two interns to show them something.

I sent them a message through the computer system asking where they were, so I could join them, but they did not answer me. When they finally returned, they said, "Oh, it was boring. No big deal." But ain't I an intern too? Once, we went on a shoot of a movie being filmed in Atlanta. It was myself, the other intern, my producer, and the production assistant. The producer and the P.A. had to leave the shoot to go back to CNN to produce our show, so he asked one of us to get an interview with one of the actresses in the movie.

I volunteered. He volunteered the other intern. She said she was too scared to do it. I volunteered. He volunteered the other intern. She said she was too scared to do it. I volunteered. He volunteered the other intern. She finally said she would do it. I felt like Ellison's Invisible Man.

My department had a luncheon, because the other interns had birthdays in the same week. I overheard him talking to someone, telling them why we were having the luncheon. He said, "Coincidentally, my intern's birthdays are all this week."

Continued on Page 10

# NATIONAL NEWS

## George Bush and Bill Clinton "Getting Back To Basics"

By Arlisa Certain

Surprisingly, this year's election will be a race to the bitter end. To insure that the candidate you would like to see in the White House for the next four years actually gets there, exercise your right to vote. If by chance you do not know the issues, here is a brief overview.

### FAMILY VALUES

Both Bush and Clinton agree that the country, as a whole, should return to the traditional values that bond all of society together.

### ECONOMIC PLAN

By far, the subject most Americans are interested in, is the nation's resolve of our economic recession. Bush has a specific plan to include a specific block on individual income tax returns that will devote ten percent of a filer's income to reduce the national deficit. Clinton, on the other hand, is more concerned with individual investment and entrepreneurship.

### FOREIGN POLICY

Bush has compared himself to Harry S. Truman as being an effective foreign affairs leader. Now, he feels it is of the utmost importance for the United States to remain in the forefront of all global concerns; since the United States has been overshadowed by other countries in the past for various reasons. Clinton feels that foreign relations is definitely an area that should not be neglected, however, he is more concerned with the homefront and domestic issues.

### WELFARE

Bush would eventually like to reevaluate the welfare system, and reroute the way in which the welfare program is officiated. Clinton would like to see the economy provide a way for welfare recipients not to become as dependent on the monthly checks, but to provide the means by which recipients can return to the mainstream working force with readily available

### HEALTH SERVICES

Both candidates agree that the medical rates within our country are almost scandalous. Bill Clinton's remedy to this problem can be considered as socialization of medical programs, he therefore would like to make the government a more integral factor in discerning what, in fact, is reasonable for health care.

### ABORTION

It is not a shock to anyone that both candidates have hardly touched this subject. It has been the trend that most politicians would like to keep their position a "secret" until their desired position has been obtained.

### THE ENVIRONMENT

Bush and Clinton are equally concerned with the environment on a global scale.

### EDUCATION

Clinton and Bush would like to implement an educational voucher, that would be used to assist families of students enrolled in an institution of learning. The ways in which the voucher will be used and distributed differs between the two candidates. They equally agree that education has become very expensive and utterly ridiculous and that more deserving students cannot attend an institution of higher learning for financial reasons.

Clinton and Bush will, of course, argue that one of them would be the "better" president. It is your job as a valued citizen and voter to take the time to sift between the mud-slinging and various accusations to determine which person has your best interest at heart.

Decide for yourself which candidate you feel has the most validity. Remember to register and vote. November is quickly approaching.

## On the Campaign Trail

By Regina Gaskins-Joyner

President Bush's poor showing in the summer polls following the Democratic and Republican National Convention show that people are fed up with empty promises and are not going to take any more rhetoric such as "Read my Lips: No new Taxes."

Regardless of Bush's so-called success in Desert Storm, the American public wants to see a war waged at home on poverty, drugs, and on the inefficiency in government. Polls have their margin of error but are meaningful when they show a challenger 13 to 20 points ahead of an incumbent president.

At this late stage in the election, Bush continues to come up with vague plans for the economy, health care, education and family programs. On the other hand, Bill Clinton is speaking specifics on how to bring about economic reform. His welfare reform proposal is worth trying if it means jobs for those on welfare. Nevertheless, neither candidate is addressing long term programs clearly for all elements of our society.

This presidential election campaign, like all the other election campaigns on the state and local levels is avoiding important issues and making meaningless policy statements.

So what do we do with the choices available to us?

First, we must read and listen to what the Candidates are saying and not saying. We must be critical of what the

news and print media is reporting as "News". One of the things the Republican campaign has been successful at doing is manipulating the media to continue to report on Governor Clinton's draft record. His draft record has nothing to do with the serious crisis in America.

There is not even any real proof that he dodged being drafted. This kind of mud slinging should be left alone in this stage of the campaign, just as the issue of Bush's being involved in the Iran-Contra scandal has been swept under the rug.

A comparison of Bush's World War II record and Clinton's is very irrelevant. Nonetheless, this is the news if we let the media tell it.

The general election is less than two months away and people are tired of hearing about a war in Vietnam that many people were opposed to in the first place.

Let's watch to see which candidates and news media stick to the facts and serious issues of today. My guess is Clinton, since he is the challenger. We should expect nothing more out of Bush than what he has so far mentioned, which is very little.

Come November 3, we must decide for our future who will sincerely attempt to bring about change and not just blame which was a disheartening emphasis at the Republican National Convention.

## Hurricanes

By Riche' Daniel

Hurricane Andrew and its son Iniki proved themselves to be the most destructive and expensive natural disasters to grace the continental United States, the Bahamas and Hawaii.

Andrew hit the Bahamas, the populous tip of southern Florida and Louisiana's cajun country, with enough force to level entire city blocks, and leave residents without electricity, phones, drinkable water, sewage treatment, and food and shelter.

Andrew has proven himself to be more expensive than Hugo, which ripped through the Carolinas in 1989, and more destructive than any recent California earthquakes - the costliest natural disaster in American history.

Residents in Homestead, Florida said looters plagued the area that was already full with despair and many reported that people were trying to sell water, electric generators, clothing, and other bare necessities for outrageous amounts of money.

According to TIME magazine, September 7, the response by state and federal government was slow and disjointed. But President Bush did order 14,400 troops into the disaster area with mobile kitchens, tents, electrical generators, water and blankets.

Efforts from private organizations and individuals are being felt as well, as Southern Miami, Louisiana and parts of the Bahamas bounce back.

The Saga continued as Hurricane Iniki hit parts of Hawaii on Friday, Sept 11 with winds gushing up to 160 mph and pouring torrential rains. Forecasters say Iniki was an undercurrent of Andrew which hit at 164 mph August 23-29.

According to the Atlanta Journal and Constitution, Iniki was the most powerful hurricane Hawaii has seen in the last century.

Aid is being sent to all areas heavily hit by the hurricanes. For more information on where you can get involved contact the Disaster Relief area nearest you.

Watch for  
coverage  
of the  
Presidential  
and Vice-  
Presidential  
Debates in  
next issue!



# HEALTH NEWS

## Facts Speak For Themselves

By Afua O. 'Abdullah

Today's average African-American young adult has no concrete understanding of the cause and effect relationship between the eating of meat, "dead animal flesh" and many types of disease and sickness. Vegetarianism, which is the practice of eating a diet consisting primarily of vegetables, grains, fruits, nuts, and seeds is an ideal alternative to today's carnivorous diet. There are physiological, biological, health, and many other considerations to take into account if you are interested in the drawbacks of being a meat-eater and the benefits of being a herbivore.

It is a physiological fact that within the human body the intestinal tract is very long, indicating that it was not originally designed for the digestion of meat or "dead animal flesh". The intestinal tract of animals is very short, facilitating the quick passage of meat through the body. Another physiological fact is the absence of authentic canine teeth in humans. Our teeth are designed for cutting and grinding while animal teeth are most suitable for ripping and tearing.

It is a biological fact that meat putrefies (rots) in the large intestine of humans. Our tract is so long that meat stays in there for quite a length of time. We have difficulty digesting and metabolizing meat and there is a prevalence of constipation among meat-eaters. Many do not move their bowels for a week or two at a time.

Another biological fact is that in most instances animals that are raised for human consumption are fed highly-chemicalized foods and injected with antibiotics, hormones and other chemical substances. As animals

approach slaughter they release large amounts of adrenaline and other hormones which are just as toxic to the human body as the injected chemical substances.

As meat putrefies in the large intestine, conditions are ripe for the onset of cancerous conditions. There is a high incidence of colon cancer in the U.S. where there is a high intake of meat compared to a low incidence of colon cancer in countries where the intake of meat is low.

The toxic, poisonous substances released when meat putrefies contribute to cellular damage and destruction, which results in sickness and disease for the human carnivore. When animal protein is digested, uric acid is produced as a byproduct which crystallizes and collects in the joints, muscles, and weak points of the human body. This causes symptoms referred to by the Western medical profession as arthritis, bursitis, gout, etc. Consequence mucus accumulates in the bodies of human carnivores, resulting in the great prevalence of colds, congestion, coughs, asthma, bronchitis, etc.

However, do not be disheartened. There are alternative and healthy sources of complete protein. These vegetarian sources are superior to the protein derived from consuming dead animal sources.

The ingestion of vegetarian types of protein helps to conserve the Earth's resources. The yield of animal protein after slaughter is relatively small in comparison to the huge amounts of vegetarian protein consumed by the animal. A vegetarian

diet involves consumption of vegetarian protein directly (firsthand) rather than indirectly (secondhand) by consumption of slaughtered animals. A vegetarian diet allows food resources to be used in a most efficient manner with the highest yield and most people being fed.

On a more spiritual level let us take into consideration the question of what meat truly is. In the Old Testament the term "meat" referred to the fleshy part of nuts, seeds, fruits, etc. In modern usage generally "meat" refers to "dead animal corpses". Originally, man - according to Genesis, the first book of the Old Testament - was instructed to eat of the meat of the vegetable or plant kingdom. That is, to eat of the herbs, nuts, seeds, fruits, grains, etc. As part of the effort to return to the original purity of man, people are choosing to return to the original diet of man.

A few of the many books which can help you to understand vegetarianism more completely are Back to Eden by Jethro Kloss, Cooking With Mother Nature by Dick Gregory, and How to Select and Combine Fruits, Vegetables and Tubers by Dr. Ignatius Foster. Dr. Foster also heads a school in Brooklyn, New York called the Health Maintenance Institute (HMI) where classes are offered.

Why should you become a vegetarian? Consider the facts which speak for themselves; the choice "to become or not to become a vegetarian" is yours.

## Culinary Corner

By Marisa DeSalles

"Cuisine on the Nile:" it sounds Afro-centric, faintly romantic and very, very interesting. At least that's what I thought when I drove up to 551 Ashby Street, next to Kujichagulia Natural Foods. On the front of the menu they describe their foods as "vegetarian dining that salutes the richness and creativity of our African heritage," and they live up to that description.

The restaurant itself is very small; there are only 6 or 7 tables and it has a very cozy atmosphere. The walls are covered with hieroglyphics and African art, and easy listening blares from somewhere behind the counter.

After looking through the menu, which includes salads, soups, meat-substitute and veggie sandwiches, breads, ethnic dinners, and desserts, I decided to try the Veggie Lasagne, which came promptly with garlic bread and a salad. My companion chose the "Vegetarian Beef Stew," which came with whole-wheat biscuits. Since I was feeling a little adventurous, I also ordered "tropical sea fantasy," a concoction of carrots, apples and cucumbers.

The lasagne was good, although a little dry for my taste. The bread, however, was excellent. I tried the "Beef" stew, which was thick and hearty and very satisfying. The service was quick, unobtrusive, and very courteous, and the juice was surprisingly good.

I highly recommend "Cuisine on the Nile." Not only is it black-owned, but the food is delicious, even if you are normally carnivorous, like me. They're also open late on Fridays and Saturdays, so if you're hungry around 9 or 10:00 PM and feel like braving the Ashby Street crowd, it's a great place to go for something healthy (although one of the employees lectured me on eating after 6 PM).

So, what can you look for in the next issue? How about quick and easy on-campus recipes? See you soon, and happy eating!

## Forming Healthy Eating Habits

By Kirra G. Epps

It is a fact that eating the right foods and maintaining a healthy diet are essential for our overall well-being. Unfortunately, many Americans do not know the right kinds or amounts of food they need to eat in order to have a wholesome diet. A national health committee, made up of various dietitians, scientists, clinicians, and educators, devised the "ideal" diet which will be published in the Oct. issue of Consumer Reports.

The members of the health committee feel that fat consumption should be reduced to 25 percent or less of our daily calories, and cholesterol intake should be cut to 200 milligrams daily. Experts also believe that more than half of daily calories should come from carbohydrates, and 20 to 25

grams of fiber should be consumed daily.

As for vitamins and minerals, only calcium and iron require supplementation. Most agree that salt intake should be no more than 5 percent of total calories.

In the Sept. issue of Essence magazine, Wendy A. Temprow, R.D., and Valerie Vaz offered tips for healthier eating. In order to reduce intake of fats, we should cut down on butter, margarine, mayonnaise, oils, gravies, fried foods, skin from poultry, and aged, processed cheeses.

While it is recommended to eat fish two or three times a week, limit portions to a maximum of two three-ounce servings per day - the same applies to meat, poultry, and eggs. Try to eat five servings of fruits and

vegetables per day, whose colors range from dark green to yellow-orange. In order to get the supply of carbohydrates that your body needs, potatoes are an excellent choice - but cut out the heavy gravies and butter!

The general consensus of health experts is that Americans need to cut back on fat, which can contribute to obesity, hypertension, diabetes, and coronary heart disease. Carbohydrates such as potatoes, cereal, whole grain bread, rice, and pasta should make up the bulk of our diet.

Fruits and vegetables are also a good source of carbohydrates, plus they are high in fiber and vitamins. Paying attention to what you eat will improve your overall well-being, so start forming those nutritious eating habits NOW!

### DID YOU KNOW...

that consumption of chocolate can trigger migraines? 41.6% of those studied reported headaches within 24 hours of consumption of real chocolate.

# EXPRESSIONS

soul and still there is much to prove- fight back- disown and reassemble for I too sister have much to learn and do/ if you hold my hand across this passage of passages you are my sister --Catherine Gaines

it takes more than the color of someone's **skin** to make them my sister though the sun filters lovely and naturally through the rainbow of your skin this

**who.....**

the real answer  
lies not within our  
shades of skin:  
palest ivory, amber gold or  
deepest, darkest, sweetest black....  
lies not within the faded pigment--  
brown, or green, or even blue--  
inside our eyes...  
lies not in wavy French twists, or  
thick plaits or woolly crowns or even  
long riglets, resting on our backs.

the answer  
to that simple, yet  
oh-so-complicated question,  
who is...  
what is..  
a beautiful Black woman?  
is found, instead, in the proud  
turn of our heads, in the  
warm and heavy music of our voices,  
in the rhythmic reason of our movements.  
the answer is found  
in a mother's embrace,  
a sister's advice,  
the laughter of a friend.

and those who would judge us  
by our silky skin and long/short,  
thin/thick, wavy/kinky hair,  
cannot understand our existence.  
they cannot,  
will not,  
realize that elusive truth--  
a beautiful Black woman,  
is every Black woman,  
is...just because she is.

--C. Jenkins

## Dr. Ethel Githii

There stood a stranger behind her laughter --  
And behind her eyes, I just found  
A bucket of discomfort;  
Though the only thing that ever fell  
Was the frown from her face;  
When she saw the child in me approaching  
Camouflaged by my grown-up ways,  
And the tomorrows I worried so much about,  
And the yesterdays that I carried to bed  
On my back like that monkey who never sleeps.

She pretended to pretend when she felt  
I needed to pretend,  
And was real with me when she felt I could not  
Carry another suit case through the airport  
Of today when my destination she knew was tomorrow.  
And now she's gone, that sweet giggle and needed hug,  
Leaving behind a reality, echoing  
In the hallways of my mind.

Dr. Githii, I see, was a friend, standing there  
In the shadows of a stranger.

- Ray Grant

*Ray Grant is an Associate Professor of English at Spelman College.  
Dr. Githii shared an office with Mr. Grant in Giles Hall.*

## "Enduring the Distance"

Sitting silently by the window  
Gazing out into the clear night.  
Trying hard not to feel so low,  
It's a sad, yet beautiful sight.  
Thinking of you, caring so much,  
Hearing the sweet voice of memory.  
Wishing to feel your loving touch,  
We're miles and miles apart you see.  
Remembering your eyes, always so fond,  
Knowing separation won't last forever.  
Believing in the strength of our bond,  
Praying that our love will end never.  
First a tear, then a grin,  
For I know true love will win.

--Afua O. 'Abdullah

## "Interpreting Emotions"

do you think I'm not crying  
because you cannot feel the tears?  
do you think I have no sears or bruises,  
because you cannot see them?  
do you think I didn't scream,  
because you heard silence?  
do you think nothing happened, -  
because I didn't tell you something?

-Renee M. Johnson

## "Everyday"

everyday on my way  
people try to sell  
me religion  
gods  
love  
life  
in the form of  
papers  
invitationals  
bean pies  
one dollar  
five dollars  
free

and

everyday i ask  
myself  
how much does  
god really cost?  
if anything at all  
and as i pass  
Hasan for the  
millionth time  
i give the brotherman  
a dollar because  
i figure  
god would want me  
to

--Stefanie Dunning

alone does not validate one and though the sky blue and set off behind you is a canvas for your beauty dark but sparkling and bright this alone does not make you a queen though the tinkle of your laugh and the

moans of your pain echo in my heart too this alone does not bond us as sisters/the color of your skin can only allow me to touch you more deeply with my

# EXPRESSIONS

## "Filth"

why is everything so filthy? everywhere i look i see smudges-dirt-corruption-  
lies-the oceans and seas are polluted the water's not safe to drink it's too

noisy to hear and to smoggy to breath bullets flying every which way children-  
neglected-malnourished lying in the streets people screaming

never really finding answers never really looking everyone

knows but no one cares about this filth

i guess that why it exists

-Renee M. Johnson

## Corner of Glory

(dedicated to Dr. Ethel W. Githii)

Bound to forever  
we struggle to grasp  
the meaning  
in this stolen  
gift.  
We struggle to hear  
your precious voice,  
to see your peaceful  
smile,  
to know  
that you can laugh  
when you feel  
such pain.  
We can ask why HE  
could take you from us  
when you meant  
so much.  
When you nurtured us  
and cared for us  
you taught us  
and befriended us-  
and loved us  
as you loved your  
life.  
We can say there is  
no reason, no answer  
this loss should not  
be ours to question.  
But there is a reason.  
You loved us,  
you loved this place  
because we were your  
life.  
This was your home...  
it nurtured you  
and cared for you  
taught you  
and befriended you-  
and loved you.  
We were your family  
and this will be  
your home  
forever-  
because you will be  
remembered.

--Erinn R. Gordon

## "Look Ahead"

"Someone's opinion of you does not have to be your reality" Nadir

BUT  
MY  
MASSA  
SAYS  
I'M BLACK  
CAN'T DO NO GOOD  
CAN'T BE NOBODY  
CAME FROM THE JUNGLES  
A CIVILIZED SLAVE.

"1/4 of a man's sorrow is caused by outside uncontrollable elements  
the other 3/4 is failing to act and think with calmness" George  
Jackson

I'M TIRED!  
ANGRY!  
FRUSTRATED!  
STUPID!  
FEARFUL!  
BROKE!  
UGLY!  
HAIR NAPPY!  
NOSE TOO BIG!  
FINANCIAL AID DON'T COVER!  
HUNGREY!  
NO CAR!  
NO HOME!  
NO MAN!

"The man who insists on seeing with perfect clarity before he  
decides never decides" Frederic Ameal

A DEGREE?  
LAST YEAR?  
WHAT ARE YOU GOING TO DO WITH YOUR LIFE BLACK WOMAN?  
WHAT IS YOUR PURPOSE?  
DON'T KNOW  
WHAT'S ON THE OTHER SIDE  
SCARED  
FEARFUL  
WAITING, TIRED TRYING TO MAKE A WAY

"Take no thought for tomorrow for tomorrow shall take thought for  
the things of itself" Matthew 6:25 "Your thoughts hold that  
transforming and regenerative energy by which you make yourself  
what you wills.

-Vanessa Raye

# CELEBRATE OUR QUEENDOM

## Farewell To A Woman Of Greatness Dr. Ethel Wadell Githii

1935 - 1992

By Nia Ray

Ethel Wadell Githii, a graduate of Spelman's class of 1957, was a role model for both Spelman's faculty and student body to follow. Words used by faculty and students to describe the late associate professor of English have been: gracious, exuberant, resourceful, vivacious and brilliant, to name a few. Rev. Norman Rates, campus minister, perhaps said it best when he described Githii as "typifying all virtues of a Spelman woman."

Though many students may not have experienced the greatness of Dr. Githii directly, her influence and presence on Spelman's faculty was felt. From 1985 to 1990, Dr. Githii served as the Director of Spelman's Honors Program. This program flourished under her direction until she became associate professor of English in 1990, a position she held until her passing on Sept. 26, 1992. Fellow English professor Gloria Wade-Gayles' opinion of Githii is not unlike the opinions of most of those

who knew her: "Decorum, character, scholarship, talent for teaching, for motivation people; Dr. Githii was princess, queen, the 'master teacher' and friend. Her achievements set standards for all of us."

The celebration of Ethel Wadell Githii's life given by Spelman College in Sisters Chapel on Sept. 30 was a clear indication of the impact she had on the lives of those fortunate enough to know her. Teary tributes were received from Honors Program student Sabrina Bradford; Dr. Juel Bradford, Spelman graduate and longtime friend of Dr. Githii; Dr. Beverly Guy-Sheftall; Jacqueline Pollard; Dr. June Aldridge; and President Johnnetta B. Cole.

Each had a personal testimony to the magnitude of the interest Dr. Githii took in those around her. "She will be remembered for her perpetual optimism," said Dr. Beverly Guy-Sheftall during the occasion. "Ethel loved herself which is the first prerequisite for loving other people."

When the memorial service ended, family and friends gathered around the Seniors' Arch where Dr. Githii's ashes were spread over the ground she so loved.

Ethel Wadell Githii strove to better her surroundings, and traveled to great lengths to see that Spelman remained the top-notch school that it is. Sabrina Bradford's goodbye captured the essence of Githii's strides when she bade, "Congratulations Dr. Githii. You have completed your journey."

## Spelmanites Featured In Black History Calendar

By Erica N. Wright

Kristi Merriweather, Class of 1994, and Stacy Abrams, Class of 1995, are two of twenty-four students honored in Southern Bell's 1992-1993 "Young Achievers...Future Leaders" Calendar of Black History. They were selected from over three hundred nominees based on their community involvement and personal achievements.

Both students lead very active lives. Kristi Merriweather holds the titles of Miss Black Deaf America and the first attendant to Miss Maroon and White. She is a member of the Atlanta Black Deaf Advocate Board, the Peer Education Program, the Honors Program and the track team. She also participates in mentoring programs through Miss Maroon and White and the Atlanta Deaf Advocate.

Stacy Abrams is a member of Students for African American Empowerment (SAAE), the AUC Leadership Forum, and has been recently selected as the Media Specialist for the Spelman Student Government Association. This summer, she participated in the Ford Foundation's Youth Commission on Urban Politics and currently works with the Empty the Shelter Program and serves as a site supervisor for Clark Atlanta Freshmen Community Service Project.

Mark Cook, a senior art major at Morehouse College, designed the cover for this year's calendar. The cover's design is from his current series entitled "Soul Images" in which he reflects that there are many differences in outer appearances but there is one thing everyone has, a soul...

This is the ninth year for Southern Bell's Calendar of Black History. In the past they have focused on African American "first" in government, sports, education, and other civic and cultural areas. This is the first time that the calendar has focused on the achievements of young African Americans.

## Spelman Welcomes Sister Provost

By Nicole Alston

Dr. Glenda D. Price assumed the position of provost this past summer, following the departure of Spelman's former provost Dr. Ruth Simmons. We now take the time to thank Dr. Simmons for all her hard work and dedication during her tenure here at Spelman, and wish her well in her future endeavors.

Dr. Price comes to us as the former Dean of the School of Allied Health Professions at the University of Connecticut. She also comes to us with a wealth of experience and numerous honors. She received her B. S., M. Ed., and Ph. D. degrees from Temple University, and has since participated in several other academic ventures.

Among her most recent awards, she has both been recognized as an Alumni Fellow by the Temple University General Alumni Association, and has received the Medallion Award, by the University of Connecticut this year. Dr. Price is a Life Member of Alpha Kappa Alpha Sorority, on the Commission on Higher Education, and on the Commission on Accreditation for the American Physical Therapy Association.

The job of Provost is to oversee the progress of the curriculum and faculty, as well as to act in the absence of the President. Dr. Price sees herself as a facilitator, rather than the dictator of progress. When asked what she hoped to have accomplished within the next ten years she had a vision that is both challenging and bold when looked at in view of the past. She sees her position as an opportunity to participate in the transformation of Spelman's Vision.

She envisions Spelman as a community in which both faculty and students participate in the education process; a place where an honor-code that is self-policed has evolved among all. Dr. Price also hopes to upgrade Spelman's facilities so that Spelman

will be on the cutting edge of technology, with a self-contained economy. Her ultimate vision is to see Spelman move up into the national rankings, and to become the eighth sister (Presently, the seven most prestigious women's colleges in the Northeast are known as the seven sisters).

I asked Dr. Price what her biggest fear about coming to Spelman was. She said "One of my biggest fears about coming to Spelman was that I would not be accepted...[but she later realized] you are only an outsider if you work at being an outsider if you work at being an outsider... Spelman embraces people into the sisterhood..."

She compared her experience here with those that she had in the northeast, where, she admitted, there was always a feeling that one constantly had to justify one's presence. "You don't know how accepted you can be until you are here. People actually came by my office and said 'Welcome to Spelman.' My first feeling of sisterhood with the students was at the induction."

Among the five hundred plus who were inducted into the Spelman Sisterhood that morning was Provost Price. "I had two feelings [About the induction]. The first was one that had occurred before, a sense of confusion, I didn't fully understand what was going on and I was puzzled. During the ceremony, in the chapel, roll-call was a very personal experience... I was disappointed that it ended so soon. I was hesitant to leave."

Sister Provost Price is a woman of tremendous energy and purpose, traits she will need in the years to come. As we Celebrate Our Queendom, we both salute her and welcome her into the Spelman Family.

## Miss Collegiate African-American: DeShaunda Gooden

By Elyce Strong

With the combination of elegance, dancing ability, and beauty, it is no wonder that DeShaunda Gooden won the title of Miss Collegiate African-American at the Star Search Theater in Los Angeles, CA on June 6.

This Houston native won a trip to Africa, a trip to the Caribbean, a 1993 Chrysler Shadow, subscriptions to *Class* and *Upscale* magazines, \$10,000, and \$25,000 to be donated to Spelman.

Gooden is presently on a 20-city tour of Black colleges. It could not have come at a better time, Gooden said, since she just graduated from Spelman in May. After three demanding years in school, it is a needed break before she begins her pursuit of a masters degree in philosophy next semester, possibly at Howard University.

The contestants of the pageant, Black college queens from all over the nation, spent two weeks in L.A. rehearsing, touring Universal Studios,

the Mann's Chinese Theater, and eating very good.

Gooden said she made a lot of friends.

"The girls were very supportive, very sweet," she said.

Despite all of the negative attention pageants get these days, especially at a women's college, Gooden said she definitely did not feel exploited.

"I got to say a lot of the things I thought were important," she said. "I used the pageant as a vehicle to do this, I didn't let it use me."

She also said this pageant seemed to focus on the question and answer segment more so than the categories, talent and evening gown, because the winner will be speaking at the various colleges she visits during the 20-city tour.

This is the sixth year of the pageant. The first Miss Collegiate African-American was Spelman's own A.J. Johnson.



# CAMPUS NEWS

## Gala of African-American Beauty

By Malaika Kamunanwire and Kanika Williams

When you think of pageants, what comes to mind? Well-rounded and intelligent women in elegant evening gowns with quick-witted responses to thought provoking questions? Talented young ladies giving crowd-pleasing performances with the flattering physique to win the swimsuit competition? This is what many expected as they entered King's Chapel on Saturday, Sept. 26, for the annual Class Pageants.

This year's gala set a new tone and focus. For the first time in the history of pageants at King's Chapel, the contestants were chosen for their intellect and personality. According to Miss Sophomore, Na'Taki Osborne, the contestants were separated from the judges by partitions so that the judges were not choosing solely on looks.

One Spelman student also was pleased that this year's pageant focused more on "what you know rather than who you know". There was a feeling of unity because all four classes competed in one night as opposed to the span of a weekend.

In addition, there were two Miss Juniors selected and the Miss Senior contestants considered themselves a united court.

After interviewing many A.U.C students, we discovered that they were disappointed with the overall pageant. The general complaints were that the program was too long, unorganized and poorly produced. There was also dissatisfaction with some of the talent performances which resulted in several "boos" and "hisses" from the audience.

Many were displeased with the interview portion of the competition. Some questions were viewed as unfair and sexist by several Spelman students. Contestants were asked to comment on subject matter ranging from submissive wives to personal experiences with drug abuse. Lastly, several students felt that the Miss Senior contestants should have participated in the talent and interview portion of the program.

Despite the negative feedback from those that attended the pageant, we must keep in mind that it takes courage and strength to perform well under pressure. Each contestant displayed imagination, creativity and originality and we congratulate the 1992 -1993 Class Court:

Miss Freshman	Ina Daniel
1st Attendant	Shanita Raye Butler
2nd Attendant	Amanda Washington
Miss Sophomore	Na'Taki Osborne
1st Attendant	Shawndra Hill
2nd Attendant	Kenja McCray
Miss Juniors	Nicole Peebles
	Najoh Tita
1st Attendant	YaTanya Cody
Miss Seniors	Sayyida Martin
	Liwaza Green
	Chaundra Hughes



Miss Freshman Ina Daniel during the Homecoming Parade



Homecoming Queens enjoy their reign during the parade



Spelman Sisters wave graciously as they cruise

## Stepping Out

By Kirra G. Epps

Morehouse College celebrated its 1992 Homecoming during the week of October 4-11. There were many events going on which involved not only students from Morehouse, but other schools in the Atlanta University Center. One of these events was the fraternity/sorority step show held in Archer Hall on October 7. The annual Greek step show is always a highly attended event, this year being no different. The crowd entered the gym expecting a breath-taking, entertaining, yet unpredictable show--and they were not disappointed!

The high energy stepping was set off by the ladies of Alpha Kappa Alpha Sorority, Inc. and followed by the ladies of Delta Sigma Theta Sorority, Inc.--both of Spelman College. Next, the brothers of Phi Beta Sigma Fraternity, Inc. of Clark Atlanta University paid tribute to their brother. The finale showcased the brothers of Omega Psi Phi Fraternity, Inc. of Morehouse College.

For the most part, the participants of the step show exhibited good use of theatrics with lively music, singing, dimming of the lights, and various props. The ladies of Alpha Kappa Alpha Sorority, Inc. skillfully twirled canes in a polished segment of their routine.

A young lady burst out of a pyramid and gave a dramatic touch to the routine of the ladies of Delta Sigma Theta Sorority, Inc. The brothers of Phi Beta Sigma Fraternity, Inc. were different from the other organizations in that they limited their use of special effects.

The brothers of Omega Psi Phi Fraternity, Inc. decided to include lively antics into their arrangement along with hardcore stepping. The step show ended with the results of the contest--the winners were Delta Sigma Theta Sorority, Inc. and Omega Psi Phi Fraternity, Inc.

# CAMPUS NEWS

## Honor Code Means Faith In Spelman Women

By Mendi D. S. Lewis

For me, the term "honor code" used to bring to mind images of students lurking around corners, searching for evidence of academic dishonesty. While I prided myself in academic honesty, I felt that the "Big Sister is watching" scenario would make me feel unnecessarily uneasy.

Recently I asked a few people for their views on and feelings about honor codes. Some people were strongly in favor and others disapproved. Some even added that the honor code should apply only to upperclasswomen who would appreciate it, and not to first year students. Most of us, however, did not know all that an honor code can encompass.

Honor codes are guidelines by which individuals can make ethical decisions based on the values of the community they govern. They function best in environments where people trust and can handle the responsibility of being trusted.

Honor codes can pertain to academic behavior, social behavior, or both. Dr. Freddy Hill, the Dean of Academic Affairs, would like to see Spelman adopt an honor code that covers both the academic and social aspects of Spelman life and is tailored to meet our unique needs.

Dr. Hill explained that in this type of honor code, students are able to recognize their values as a student body. "In an honor code, not everything is clearly defined . . . the honor code is based on trust and grounded in respect."

There are many ways in which an honor code could affect the Spelman atmosphere. In terms of academics, an honor code could mean that students could schedule exams when we feel we are ready to take them; it could mean students could take tests in our rooms or without proctors.

In terms of the social aspect, we would have to make our own decisions about the values we hold. These decisions could range from the extent to which we think the SSGA should be student self-government, to how to confront someone who is not observing Quiet Hours, to how we, as a student body, feel about a certain current event. The honor code could also mean that we could be trusted to attend convocation without the hassle of green and blue strips.

What will be required of us as students is honesty and integrity. Not only will we be responsible for following the rules, we will also be responsible for turning ourselves in to an Honor Board or Council if we fail to do so. Probably more difficult to imagine is the fact that we will be responsible for confronting and/or turning in our sisters who act in ways contrary to the code.

The question is, does it work? Dana Roach is an exchange student from Bryn Mawr where she lives by an honor code. "Personally," she says, "I think that the guidelines give you certain freedoms. It's so nice to be able to take my exams when I'm ready . . . and if you have a problem with somebody, you're not afraid to speak out and get your problem resolved."

When asked about the negative aspects, she had a hard time thinking of any. She finally stated that there should be some provision for showing respect even in confrontation. She said "If you are confronting someone about talking too loud in the halls, you should treat her as a friend, not a parent or teacher."

The committee which is contemplating the issue now has the responsibility to discuss all of the items which might be included in the honor code. Take some time out to think about what the honor code will mean for you. Take any suggestions to the SSGA. Honor Code Means Faith in Spelman Women

## The New Parking Policy: Friend or Foe?

By Kanika Raney

BAM!! There it is. The dreaded yellow and Black parking violation sticker adhered to the driver's side window of YOUR CAR! Has this happened to you yet? Or maybe you've returned to Spelman's parking lot only to learn that your car has been towed.

Spelman College has adapted a new parking policy in order to help minimize the parking problems of the past. Although this new policy has benefitted the faculty and staff and commuter students, it has also inconvenienced many on campus students and the commuters of other AUC institutions.

Spelman's current parking policy came as a surprise for many students. As they opened the usual "Spelman mail," received ever so often throughout the summer, worried thoughts filled their heads. Many Sophomores were anxious to finally be able to bring their cars to school, and juniors and seniors were anxious to see if they would get on-campus parking.

For those who received on-campus parking, they knew they would definitely have a parking space in the well-patrolled Spelman parking lot on Henry Street. Not this year!

Spelman's new parking policy was developed by a committee made up of faculty, staff, and students. Dean Rivers-Jones finds no problems with the new parking policy. She also stated that "the committee was very thoughtful of commuter students." She suggested that a parking deck be built.

However, that would be very costly and none of the other AUC schools are willing to be involved in the construction of a parking deck.

The question that many people are asking is "Why was Spelman's parking policy amended?" The answer: Space is very limited on and off campus; therefore, priority goes to visitors, faculty and staff, and commuter students.

At the present time, Spelman is going through many changes and its new parking policy is just one of them. Dean Freddy Hill informed me that soon cars will not be permitted to park around the oval because it is a fire hazard.

Last year, any student who proved they had a car and was a student at Spelman College was able to get an on or off-campus parking sticker. However, parking stickers are not as accessible this year.

This year, parking stickers will only be issued to the commuter students, resident juniors and seniors, and faculty and staff. The Spelman Parking lot which was used by many on campus Spelman student last year, is reserved from 8:00 a.m. until 4:00 p.m. for Spelman commuter students with valid parking stickers.

On week days, resident students will have access to Spelman's parking lot from 4:00 p.m. until 7:45 a.m. and parking on campus from 5:30 p.m. until 7:45 a.m. But we may, as we often do, oversleep and forget to move our cars, which results in getting our cars towed or having that oversized violation sticker placed on our window.

Since Spelman's parking policy does not in any way alter access to the Atlanta University Center Parking lot for Spelman Students, your best bet is to park there at all times during the week if you are an on-campus student.

I have heard many complaints about Spelman's new parking policy. Some students feel that because they pay to come to Spelman, they should have the right to park where they want. Dean Hill stated, "I am offended when students tell me how much they pay to attend Spelman College." The money that the students pay takes care of tuition, room and board, and other fees (not including parking). Parking is a privilege and not a right. In order for Spelman to meet its needs, it cannot give this privilege to everyone with a car. It is important that our visitors have a place to park, that our professor have a place to park, and to make it easier for commuters to find a parking space during the day.

Although everyone may not be happy about Spelman's new parking policy, it must be remembered that it was constructed in order to efficiently and effectively meet the needs of all who use the parking lot. However, you cannot please everyone. The parking policy will be reviewed by the Parking Committee at the end of each semester. Hopefully next semester the problems will be worked out to everyone's satisfaction.

### Racism in the Workplace Continued from Page 3

My birthday is in March...but that was just the tip of the iceberg that day.

As we were eating my producer said, "We should all go to a movie one day. We could go downstairs to CNN theatre. You haven't been to a theatre until you've been to a brother theatre. They talk throughout the movie and laugh at inappropriate times. It's a riot."

I did not know what to say or how to react. The others were looking at me to see my reaction. I said nothing at that moment because I was too angry.

Later, I calmly told him how I felt. Typically, he said he did not mean it like that and some of his best friends were Black. I would hate to meet them.

CNN is a great place to work. The experience is exceptional. The racism is ridiculous.

I learned so much this summer, much of which has nothing to do with my career goals. Racism is everywhere. I am sure that it is not limited only to CNN. We have to learn to handle this without getting angry or emotional.

I sat back and observed everyone this summer.

I noticed that whites seem to advance up the ladder faster than Blacks, as do men faster than women.

As Black women, we have to be better than average to excel.

It is not fair, but I learned first hand this summer that there are many things in life that are not fair.



# CAMPUS NEWS

## Dining At Alma Upshaw...Wow!

By Robyn Best

Students were in awe. Tears of joy filled their eyes as they viewed it for the first time. "Girl, I can't believe it!", was a popular phrase. The Spelman College Alma Upshaw Dining Hall was a welcome surprise for all returning students who had experienced the dining facilities in past years.

The difference begins as one enters the doors. Whereas students were once greeted by cafeteria workers with long lists of student identification numbers to cross off, the Spelman identification cards are now scanned by a computer for everyone's convenience. Once the card has been read, the magic truly begins....

For starters, the two salad bars now include pasta salads, fresher vegetables and condiments for burgers and tacos. The once "dreaded" main course area has a better catering service with a noticeable improvement in food selection, dinnerware, and taste. Upon request, cafeteria workers offer small samples of food for the student to taste before a selection is made.

And for those students for whom grappling with the main course area is still difficult, there are yet quit a few more choices. There is now a lovely deli counter where choices of bread (white, wheat, rye, etc.), deli meats and cheeses are offered. Building the sandwich of one's choice is ideal for picky eaters.

For the fast food appetite, our cafeteria welcomes our students with cheeseburgers, tacos, hot dogs and french fries. Chili, soup and crackers are also offered where there used to be just soups in the past. These almost miraculous changes do not end here, but continue when a student approaches our dessert area. This area, which was once cluttered with stale, unappetizing choices, is now filled with a bountiful array of fresh jellios, cakes, cookies and

puddings. Hard to believe, isn't it?

As one heads out to get a drink, a "real" glass can now be filled with fresh soda (that is no longer flat or watery), choices of apple, orange or fruit juice or even chocolate milk! The old fashioned wind-up cereal dispensers are now replaced with ones that are improved. The cereal is now displayed in full varieties of everyone's favorites, and is much easier and quicker to obtain, and is available for everyone's convenience at every meal.

Belgian waffles are also available to be made with the new waffle irons and batter provided to fit the needs of each waffle eater. Syrups (regular and low-calorie) and powdered sugar are also found here.

And now to witness the icing on the cake... our dining area. It resembles a miniature heaven with our clean white tablecloths, glass tabletops and decorative flower vases to add to the feminine ambiance. The dining hall is accented with a centerpiece filled with flowers. And one cannot forget the convenient fruit bar inside the dining hall for that quick snack after each meal. New students may find all of this quite ordinary but for returning upperclassmen, this feels like an answered prayer.

Breakfast can only be described as different! with its improved catering and variety which, for example, includes better pancakes and danishes. Evening bag snacks are also now obtained in lower Manley at 8 p.m. containing sandwiches, chips and fruit.

The cafeteria committee of our own Spelman's Women's Action Coalition (SWAC) is known to have initiated this project and it is a success. Our own Spelman women have helped turn eating at Spelman College into a pleasurable experience. The progress definitely makes residential life an ameliorated experience.

## Good Things Come to Those Who Wait

By Anjanette Hogan

Ever tried passing by Upton Hall (the Public Safety building) attempting to take a short cut to Giles or any other building on that side of campus, lately? Well, if you have, you should have noticed a slight difficulty caused by the construction going on. Many people have wondered exactly what is being built in that area. This is the area which has been designated for the construction of the Camille Olivia Hanks-Cosby Academic Center.

The money for this center was donated by Bill and Camille Cosby to enhance the Spelman College campus; and this it shall. Contained in this building there shall be: a museum, archives, a writing center, a reading room, an educational/media center, and lecture/seminar rooms. This center will also be the location of the English Department, the Philosophy Department, the History Department, the Religion Department, the Foreign Language Department, the Woman's Center, and an auditorium, which will seat 400 persons.

The initial plans to devise this center began in February of 1991. The most recently completed phase which the building has undergone is known as the Schematic Design Phase. This was the stage in which the rough drafts of the spaces of the building were planned and drawn up. The actual building of the center is scheduled to be completed in April or May of 1995. Upon completion of the center, it shall be ready for occupancy as of August 1995.

Although this may seem very distant in the future, each phase of the building process is going as planned and before you know it, the center will be completed. This center will be just another dynamic entity and treasure which Spelman College can offer to its students and the community which surrounds it. So, if you think the wait is just too long, remember, good things come to those who wait; and this is definitely a good thing.

## Afrobics is Back!

By LaTanya G. Tripp

AFROBICS is back! AFROBICS is back! All over campus, I saw these signs. The colorful flyers seemed to be calling to me: a freshman that is trying to avoid the so-called "Freshmen 15" or a moment of Belgian waffles on the lips, a lifetime on the hips.

The sessions meet on Tuesdays and Wednesdays from 7-8p.m. I decided to try it out on Wednesday after my stressful Calculus class. I figured, "Hey, why not? A little light weight stretching to the beat of African drums would be pretty nice."

Ha! I got much more than I bargained for.

The instructor is Chandra Russell, president of AFROBICS, Inc. and a resident of Atlanta, Georgia. In addition to creating AFROBICS, Ms. Russell is the fitness consultant/trainer for AT&T and Spelman College and is the Co-Chairperson of the UNCF Annual Fitness For Fun Marathon. AFROBICS has been nationally trademarked since 1985.

AFROBICS is the first nationally trademarked exercise program that uses moves from Africa and the Caribbean choreographed to live drum rhythms. The workout utilizes every major muscle group in the body in natural and uninhibiting body movements that are energetic, creative, and strengthening.

The forty or fifty women who are in my class would have to agree with me that the class is more than light weight stretches, but all fitness levels can participate. Besides burning fat and relieving stress, AFROBICS is a fun way to form friendships while doing something constructive. I encourage Spelman women to come on out on Tuesday and Wednesday nights for the most innovative and inexpensive (free) way to exercise on campus.

## The Debate Team Kicks Off the Season

By Stefanie Dunning

The Debate Team kicked off the season enthusiastically at The University of South Carolina's Sept. 25 tournament. The team competed against other colleges and universities from all around the Southeast, among them Morehouse College.

The Debate Team has a brief history at Spelman, being only three years old. The team was first coached by a lawyer in his spare time, but is now coached by debate extraordinaire, Judy Butler.

Ms. Butler stresses to the Debate Team that there is a large market for female, especially minority females, debaters to teach at debate camps around the country-camps such as those given by Emory, Stanford, and Northwestern, all of which have extensive Debate programs.

Though the Debate Team is still relatively small, with around ten active members, it is becoming of growing interest to many women around campus. Hopefully the Spelman Debate Team will soon be a larger and more thriving organization.



# SISTER TO SISTER

## Introspection

By Riche' Jeneen Daniel

I was speaking to some of my sisters the other day and in discussion we began to discuss our favorite topic...men. Of course the conversation got swayed to "men are dogs," "men are immature" and "no man knows how to treat me."

Ultimately, it seems that the "dating game" should be very easy. You pick a person that your interested in they let you know they are interested in you, so you date, get to know each other, and eventually see each other exclusively.

Something happens within this scenario. Whatever it is, the female blames the male and the male blames the female, never stopping to think that maybe there was something each did personally to cause a problem.

We're all looking for basically the same thing, but somehow we keep missing each other.

I think the search for the problem may begin within ourselves. How can you locate that perfect person, that night in shining armor, if you don't know you?

Essence magazine ran an article in the October 1992 issue that focused on introspection. Jill Nelson, in her article, "Taking a Look Inside," stated "Because I understand that lack of introspection is, in part, responsible for lousy relationships, I now make time every day to think about where I'm coming from...Take time to assess personal goals...Ask how can I make my relationship with the people I love better and more rewarding? Be more open and less judgmental? How can I be the best person possible?"

This article is not to say to you that every sour relationship you've had is your fault but it is to say that introspection, finding yourself, who you are, what your goals are for your own personal development, and what you want from life, will help you in your relationships and will better prepare you to understand yourself.

Another concern in the Black community, or should I say the AUC community to place this discussion on a more personal note, is we do not communicate. We do not talk to our brothers.

We as sisters would rather sit with our friends and talk about men and what they have and have not done rather than talk to the brothers themselves.

We play those games that we are so famous for that are time and energy absorbent and completely unnecessary. All we have to do is communicate with each other.

Take this scenario for example. You meet a guy at a forum, you exchange telephone numbers and he calls. You talk for a while, getting to know each other, "where are you from?" "What's your major?" The next day he doesn't call. You wonder why but you don't want the guy to think you are pursuing him so you don't call. Meanwhile he's thinking the same thing and saying to himself that he called you first so its your turn. You wait another day, he still hasn't called. You're sitting by the phone waiting (maybe not literally, but you are).

I'm not saying that it's all your fault because you didn't call him because if he wanted to call you he could have. At the same time I want you to see how this turns into a game. A game most of us have mastered. Or have we?

We continue to claim that we can't find any "good" Black men while our relationships fall by the wayside.

Simply, if you're interested in a guy tell him, if he's not interested leave him alone obviously he's not the right "Mr. Right."

You don't have to withhold your feelings for fear of rejection, it will work out when it's time for it to work out.

If you want to talk to that brother who hasn't called you in two weeks, call him it won't hurt to find out "what's going on."

I understand the fear of "being played" or "playing yourself," however simple communication definitely will not cause a problem. Rather what you communicate and how you communicate will always be the culprit.

Yes sisters, I know this doesn't apply to everyone. Just take it as something to remember when you need to remember.

Don't get me wrong, I'm not suggesting that you should tell every guy you're interested in everything about yourself or your feelings, but relationships are not to be played with and that's exactly what you're doing when you begin by playing games.

## ARTS & ENTERTAINMENT

### "Martin" Tops List of New Black Shows

By Amy Adkins

With the absence of the infamous "Cosby Show" in this new season of television entertainment, the networks have introduced a variety of Black television shows, all of which hope to become as popular. Fox Television's "In Living Color" returns this fall with positive ratings and increases in regular viewers. Also maintaining stability in nighttime television are ABC's "Family Matters", and NBC's "The Fresh Prince of Bel Air". NBC also hopes to gain Saturday night viewers with two new shows: "Here and Now", starring Malcolm Jamal-Warner and "Out All Night", with Patti LaBelle. ABC anticipates success with "Hangin' With Mr. Cooper", starring comedian Marc Curry. As expected, however, Fox leads the pack by presenting a fresh face to Thursday nights in "The Martin Lawrence Show". This self-titled sitcom stars Lawrence, a comedian known for his participation in the Def Comedy Jam, who also lists to his credits movies such as "House Party" and the recent Eddie Murphy release "Boomerang".

The star of his own radio show, Martin's character exposes many of the issues that concern young Blacks in today's society. In a half-hour's time, this talented actor is able to incorporate his own comedic style into realistic relations with his friends, his boss, and his on-screen girlfriend, actress Tisha Campbell. Not only does he portray himself, but Martin Lawrence also plays other fictitious characters in the

show, such as "Sheneneh", a likening to "In Living Color's" "Wanda", only adding to the humor of the show.

In an age in which young Black Americans are depicted negatively, some viewers think this wittiness and creativity is a welcome change to the typical image of Blacks in the media. "I think it's refreshing," says Robin Jones, sophomore, "and young people can relate to the jargon used, because it's a part of our everyday lives." Although most people share this opinion, others feel the show hurts the image of Black women in television. "I think the concept is good, but I have mixed feelings about it. Some things are funny, but others are offensive to me because I think Martin's character has a sexist attitude," states Asma Best.

Yashica Barber summarizes her views: "I think the woman is playing the submissive role in this situation. It shows the insecurities of men and how they put the blame on the woman."

Although there seems to be some negative public opinions of his show, the majority of students polled think "Martin" is light and funny, and that watching it is a welcome break from college studies. "It might have its bad points, but I look at it for the humor," says Nikki Lee, also a sophomore.

Regardless of how the viewers feel, the ratings continue to show that the "Martin Lawrence Show" is a success, and that its star is on top of Thursday night television-- after "A Different World", of course.

## Where To Go... Who To See...

By Maleka N. Ingram

### CONCERTS

K.C. and the Sunshine Band  
Oct. 23, 1992  
The Masquerade, 695 North Ave.  
Admission: \$9.50 in advance  
\$12.00 at the door

### VISUAL ARTS

"Our New Day Begun: Atlanta Black Artistic Heritage"  
Now through February 27, 1993  
10 AM-6 PM Monday - Saturday  
Atlanta History Center Downtown  
140 Peachtree St., N.W.  
Admission: Free

"Something of Value: Images of African and African-American Folklife"  
Permanent Viewing; 10-5 PM Tues., Thurs.,  
Fri., Sat./ 10 - 6 PM Wed.  
1-5 PM Sun.  
APEX (African-American Panoramic Experience) Museum  
135 Auburn Ave., N.E.  
Admission: \$2.00 adults/  
\$1.00 students and senior citizens